

Youth Soccer Rules

Objective

The basic goal of the Soccer Program is to provide an opportunity for every player to participate, learn and grow from their recreation experience. Coaches should provide the guidance for team play and instruction for all players. Coaches should also approach their recreational experience as a positive and enjoyable one for their players and themselves. Games (and practices) ought to be approached with a desire to build skills as well as an enjoyment for the sport.

Be creative and remember children play games to have fun.

Eligibility

1. Players must be registered through the Department before participating in games or practice.
2. The Department assembles all teams.
3. Number of players on the field:

League / Age Group	# Players on the Field	# Players to avoid Forfeit
PeeWee	5	
K-4	8	
U-12	8	5
U-15	8	5

Coaches

1. Coaches will be provided with balls. The Department will replace any equipment lost, stolen or damaged. Equipment must be turned in after the last game of the season.
2. When contacting players on the roster, make sure to speak to an adult. Leaving messages with children is not advisable.
3. **DO NOT ALTER T-SHIRTS IN ANY WAY.** Turn in any extra t-shirts at the end of the season.
4. Coaches must realize that they are setting an example for their players, parents and spectators and should act accordingly.
5. Coaches are encouraged to allow all players equal playing time.
6. Coaches and Referees are the only people allowed to stand near or behind the goal/net area and within 10 feet of the sideline (NOT on the field). The exception will remain for the PeeWee and K-4 age groups where **one** individual may stand by the net to help the young goaltenders. Only referees and players may be on the field.
7. Coaches should instruct players to listen for the whistle during the game. The referee controls the game tempo, *not* the spectators.
8. If a coach has a problem with an official, talk *discretely* with the official about the concerns at an appropriate time. Verbal abuse to an official is NOT a good example for the players. Any further concerns should be addressed with the site supervisor.

9. Continue to practice during the regular season regardless of record.
10. Coaches are to be aware so as not to “run-up” the score in any given game.
11. There is to be NO slide tackling!

Equipment

1. All players must wear shin Guards.
2. Players are **not** allowed to wear:
 - a. Shoes with toe spikes
 - b. Metal cleats
 - c. Jewelry (includes new ear piercing)
 - d. Any hat with a brim
 - e. Hard cast that is not covered
3. Players are not allowed to play with gum or candy in mouths.
4. Players must wear shoes (i.e. no sandals or bare feet)
5. Encourage players to wear athletic-type clothing (i.e. no jeans)

Field

1. Designated team area – One side of the field will be designated the team bench area. Players and coaches shall be restricted to the designated team area. Spectators will not be permitted in the designated team area.
2. Spectators must stand 10 feet away from touchlines. Space must be allowed for the players, official and coaches to run along the touchlines.
3. **All participants** are expected to assist in keeping the fields clean and worthy of play. Please help by picking up all trash and reporting any concerns with field conditions.

Scoring/Ties

1. A goal is scored when the whole ball has passed over the goal line, between the posts and under the crossbar.
2. Tie game: Games ending in a tie will be considered tie games and no over time period will be played

Scheduled Practices

1. The coaching staff will give scheduled practices.
2. Teams will be allowed to schedule either:
 - a. Two (2) one-hour practices, or
 - b. One (1) one and a half hour practice per week, or
 - c. One (1) one hour practice per week.
3. There may be times you need to share the field with another team.

Regulation Games

1. The PeeWee age group will play four (4) six-minute quarters with a five-minute half time.
2. The K-4 group will play four (4) ten-minute quarters with a five-minute half time.
3. The U-12 group will play four (4) ten-minute quarters with a five-minute half time.
4. The 12-15 year age group will play two (2) 30-minute halves with a five-minute half time.

5. If one team falls below the maximum number of players on a field than the opposing team shall drop to that amount to make the field of play even. In any case where a team drops below the minimum number required to play, that team shall forfeit.
6. In the case of a forfeit, teams shall be allowed to play a scrimmage or practice on the field. There will be no referees or supervising staff.

Referees

1. Referees approach to the game is with “safety first” attitude.
2. Referees will also work in helping to instruct where violations occur, not just to penalize

Starting The Game: After Goal/After Half Time

1. Coin toss: The winner of the toss will get field position choice, while the loser of the toss will get to kick-off.
2. The game shall be started by a player taking a place kick, at the center of the field, into the opponents half of the field. The opposing team players shall be at least 10 yard (or appropriate distance for field size) from the ball until it is kicked off. The ball shall not be deemed in play until it has been moved by the kicker. The kicker shall not play the ball a second time until another player touches it.
3. When restarting after half-time, ends shall be changed and the team that did not kick off in the first half shall take the kick-off.
4. When any kick is used to begin play (i.e. penalty, kickoff, etc.) opposing players must be at a distance of at least 10 yards from the ball, or appropriate distance for the field size.

Ball In/Out of Play

1. The ball is out of play when it has wholly crossed the goal line or touchline, whether in the air or on the ground. The touchlines and goal lines belong to the playing field.

Basic Rules of Play

1. **Center Kickoff** – Starts play at the beginning of both halves and after every goal. It is taken from the center circle in which a player from the kicking team strikes the ball forward to his or her own teammate. The kicking player should not strike the ball consecutively on the kick.
2. **Corner Kick** – Takes place when the defensive team has kicked the ball out-of-bounds over its own end line. The corner kick is to be taken by a player on the attacking team from the corner arc nearest where the ball left the field.
3. **Goal Kick** – A kick taken by a defensive player after the offensive team has kicked the ball out of bounds over the end line. The goal kick is taken from within the goal area and must clear the penalty area before another defensive player is allowed to touch it.
4. **Offside** – Called against the offense when one of its players moves without the ball behind the last line of defense, with only the goalie separating the player from the goal. When a teammate passes the ball forward to this player or shoots on goal, the violation occurs and results in an *Indirect* free kick for the defense.
5. **Hand Ball** – No player, other than the goalie, may intentionally touch the ball in play with his or her hands or arms, a *Direct* kick is awarded to the opposing team.

6. **High Kick** – A violation on a player who swings his or her foot close to and above the waist of an opposing player. This foul generally results in a *direct kick*.
7. **Holding and Tripping** – If a player deliberately holds or uses any part of his or her body to trip an opposing player, a *Direct kick* is awarded to the opposing team.
8. **Free Kick (Indirect or Direct)** – Awarded as the result of a foul. Depending on the degree and severity of the foul, and at the discretion of the referee, a direct or indirect kick is taken by the non-offending team. Generally, a free kick is taken from the spot where the foul occurred, and no opposing player may be within ten yards of the ball before it is kicked.
9. **Indirect Kick** – A free kick awarded for a less serious rule infraction. A goal may not be scored off an indirect kick until the ball touches at least one other player from either team.
10. **Direct Kick** – Awarded on more serious or deliberate infractions such as tripping. It is a free kick aimed directly at the goal. The player taking the kick may score a goal without the ball first touching another player.
11. **Penalty Kick** – A kick awarded to the attacking team when a defending player commits a major foul or a hand ball within his or her own 18-yard penalty area. The resulting shot is taken from the penalty mark; only the kicker and goalie may be in the penalty area during this kick. The goalie may not move off the goal line until the kicker has touched the ball.
12. **Throw In** – When the ball goes out-of-bounds off a player over the sideline the opposing team is awarded a throw in at the point where the ball left the field. The throw is taken with both hands and extending in an arc directly over the top of the head. Both feet must be on the ground.
13. **Slide Tackle** – There is to be NO slide tackling. Players should be instructed to remain on their feet at all times. If a player falls to the ground they should return to an upright position before making a play on the ball.